

Chapter 3

Bread - Yeast



Biscuits - Yeast

- 1 1/2 teaspoons yeast
- 2 tablespoons warm water
- 2 1/2 cups flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 cup buttermilk

Instructions

Dissolve yeast in warm water and set aside. Mix flour, sugar, baking powder, baking soda and salt in large mixing bowl. Add shortening, cutting into mixture with a pastry blender.

Add yeast mixture and buttermilk. Stir until dry ingredients are moistened. Knead on floured surface. Roll to 1/2 inch and cut with biscuit cutter. Place on greased cookie sheet. Bake at 425 degrees for 10-12 minutes.

VARIATIONS:

Sesame Sticks - Shape as bread sticks. Coat with butter and sesame seeds.

Parmesan - Shape as bread sticks. Coat with butter and parmesan cheese.

Cinnamon Flowers - Cut all the way around to look like a flower.

Cheese Swirls - Roll like cinnamon rolls but use cheese.

Jewel Biscuits - Cut a thin biscuit. Stack a second biscuit with hole in the middle on top. Fill hole with jam.

Buttons and Bows - Use donut cutter to cut biscuits. Little middles become buttons. Twist rest to make a bow.

Recipe Notes

Source: Diane R. Anderson, East
Food and Fitness

Bread Bowl - Soup

1 loaf Rhodes dough, thawed

Instructions

Thaw dough until soft (about 5 hours at room temperature). Cut loaf into thirds. Form each third into a ball.

Place on cookie sheet that has been sprayed with non-stick cooking spray. Cover with plastic wrap that has also been sprayed.

Let rise until double. Usually one hour or more.

Remove wrap and bake at 350 degrees for 25 minutes or until golden brown.

Cool, slice off top and hollow out bread and fill with favorite dip or soup.

Recipe Notes

Source: Box Elder Middle School

Bread Sticks - Best

- 1 package yeast
- 1 tablespoon honey
- 1 1/2 cups warm water
- 1 tablespoon malted milk powder
- 1 teaspoon salt
- 3 cups flour

Instructions

Soften yeast in warm water and honey. Add malted milk powder, salt and flour.

Then knead to make a soft dough.

Divide into 12 pieces.

Roll each piece into a snake like rope. Place lengthwise on a greased baking sheet brushed with melted butter.

Sprinkle with desired topping such as poppy seeds, sesame seeds, parmesan cheese, garlic salt or whatever you would like.

Let rise for 20 minutes then bake it 400 degree oven for 15 minutes or until light brown.

Brush with butter before and after baking.

These are chewy and delicious!!

Recipe Notes

Source: Mardene Fernandez, Orem Junior High School
Food Service, Food and Fitness

Bread Sticks - Easy

- 1 tablespoon yeast
- 1 1/2 cups warm water
- 2 tablespoons sugar
- 1/2 tablespoon salt
- 3 cups flour

Instructions

Dissolve yeast in warm water.

Add sugar, salt and mix.

Add flour and knead or mix for 3 minutes.

Let rise for 10 minutes.

Melt 1 cube butter or margarine.

Roll dough out about 1-1 1/2 inch thick.

Cut into 1-1 1/2 inch strips.

Roll in butter and place on pan.

Sprinkle with garlic, salad supreme, parmesan cheese or parsley.

Bake for 15-20 minutes at 375 degrees.

Recipe Notes

Source: Emalee Meyer, Bear River High School
Food for Life

Bread Sticks - Pizza

- 1 can Pillsbury Soft Bread Sticks
- 2 tablespoons parmesan cheese, grated
- 1/4 teaspoon garlic powder
- 24 slices pepperoni, thin
- 1/2 teaspoon Italian seasoning
- 1/2 cup pizza sauce, heated

Instructions

Separate and unroll bread sticks. Place 3 pepperoni slices in single layer over one half of each bread stick.

Fold remaining half of bread stick over top, seal end and twist.

Place on ungreased cookie sheet.

Combine cheese, italian seasoning and garlic powder.

Sprinkle evenly over each bread stick.

Bake in preheated 350 degree oven for 15-20 minutes or until golden brown. Serve with heated pizza sauce.

Recipe Notes

Source: Rebecca Irving, Hunter Junior High School
8th Grade Life Skills

Bread Sticks - Whole Wheat

- 1 1/2 cups flour
- 1 1/2 teaspoons active dry yeast
- 3 tablespoons brown sugar, packed
- 1 1/2 tablespoons margarine
- 3/4 cup water, plus 2 tablespoons
- 1/2 teaspoon salt
- 1 cup whole wheat flour

Instructions

In medium bowl, combine 1 cup of all-purpose flour and the yeast. In saucepan heat and stir brown sugar, margarine, water, and salt until warm and margarine is almost melted. (Do not simmer!) Add to flour mixture.

Beat with an electric mixer on low speed for 30 seconds, scraping bowl constantly. Using a spoon, stir in whole wheat flour and as much remaining all-purpose flour as you can. Turn out onto lightly floured surface.

Knead in enough remaining white flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into ball. Place in a lightly greased bowl, turn once. Cover, label, and refrigerate.

Day 2

Shape dough into bread sticks Place on parchment lined baking sheet. Sprinkle seasonings evenly on top of bread sticks.

Bake at 375 for 15-20 minutes.

SEASONING IDEAS

Parmesan cheese with garlic powder

Seasoning salt

Italian seasoning

Cinnamon/sugar

Recipe Notes

Sharon Monday, Hunter Junior High

Food and Fitness

Breadsticks

- 1 1/2 cups warm water
- 1 tablespoon yeast
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 3 cups flour

Instructions

In mixing bowl combine warm water, yeast, sugar and salt. Allow mixture to sit until dissolved.

Add 1 1/2 cups flour to yeast and mix with electric mixer until smooth and elastic. Add remaining 1 1/2 cups flour, stirring in with a wooden spoon.

Flour countertop and knead for 3-5 minutes. Place in an oiled bowl and allow to raise for 10 minutes. Roll out on floured countertop into rectangle 1/2-inch thick.

Cut dough into 1-inch strips, fold in half and twist. Roll in melted margarine and place on a jelly roll pan or cookie sheet.

Sprinkle with any of these toppings: oregano, parmesan cheese, garlic salt or salad supreme.

Let rise for approximately 20 minutes until large. Then bake at 375 degrees for 20 minutes.

Can serve with pizza sauce.

Pizza Sauce

Combine equal amounts of tomato sauce and tomato paste. Season to taste with oregano, oregano leaves, garlic salt and ground pepper. Mix and warm in microwave.

Recipe Notes

Source: Val Huntington, Canyon View High School
Anita Jolley, Cedar Middle School
Life Skills, Food and Fitness, Food for Life

Breadsticks - Yummy

- 1 package frozen bread dough
- 2 tablespoons parmesan cheese
- 2 tablespoons melted butter

Instructions

Roll the thawed dough into a long snake shape, cut into 6 inch long strips.

Dip dough into melted butter and then the Parmesan cheese.

Place on greased cookie sheet and bake 10-12 minutes or until golden brown at 375 degrees.

May be made the night before.

Sauce for dips such as pizza sauce or ranch dressing.

Recipe Notes

Source: Rachel Gonzales, Lakeridge Junior High
TLC, Life Skills

Buttermilk Rolls

- 1 cup buttermilk
- 3 tablespoons sugar
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3 cups flour
- 4 tablespoons vegetable oil
- 1 teaspoon baking powder
- 1 tablespoon yeast
- 1/4 cup warm water

Instructions

First put the yeast in warm water sprinkle with a pinch of sugar.

Let it set while you measure the rest of ingredients.

Mix all ingredients together except for the flour.

Then add yeast, now add flour SLOWLY.

Knead the dough until soft and then roll it out in a circle. Cut into pie shaped pieces.

Roll them up, place on parchment paper with cut side down.

Spread melted butter on the top.

Let them proof for 10 minutes.

Then cook for 3 minutes. Turn 1/2 way around and cook for another 3 minutes.

Place on top of oven to cool.

Place a pair of tongs beside the pan to serve with.

Recipe Notes

Source: Jaralee Wettstein, Layton High School
Food Service/Culinary Arts

Buttermilk Rolls - Fast

- 4 cups flour
- 2 packages yeast
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/4 cups buttermilk
- 1/2 cup water
- 1/2 cup shortening

Instructions

In a large bowl combine 1 1/2 cups flour, yeast, sugar, salt and soda. Mix well. In a saucepan, heat buttermilk, water and shortening until warm (120 -130 degrees F. shortening does not need to melt). Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed.

Gradually stir in enough remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in a greased bowl, turned to grease top. Cover; let rise in warm place until light and doubled, about 20 minutes. Punch down and divide into 24 pieces.

Form into balls; place on greased baking sheet or 15 x 10 inch pan. Cover and let rise until almost doubled, about 20 minutes.

Bake at 400 degree for 15 - 20 minutes
Remove from pan; brush with butter, if desired.

Recipe Notes

Source: Diane Thurman, Clearfield High School
Food Service/Culinary Arts
These can be made in 90 minutes.

Buttermilk Rolls - Quick

- 4 cups flour
- 2 packages yeast
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/4 cups buttermilk
- 1/2 cup water
- 1/2 cup shortening

Instructions

In a large bowl combine 1 1/2 cups flour, yeast, sugar, salt and soda. Mix well. In a saucepan, heat buttermilk, water and shortening until warm (120 -130 degrees F. shortening does not need to melt). Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed.

Gradually stir in enough remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in a greased bowl, turned to grease top. Cover; let rise in warm place until light and doubled, about 20 minutes. Punch down and divide into 24 pieces.

Form into balls; place on greased baking sheet or 15 x 10 inch pan. Cover and let rise until almost doubled, about 20 minutes.

Bake at 400 degree for 15 - 20 minutes
Remove from pan; brush with butter, if desired.

Recipe Notes

Source: Diane Thurman, Clearfield High School
Food Service/Culinary Arts
These can be made in 90 minutes.

Cinnamon Rolls

- 1 tablespoon dry yeast
- 1/4 cup warm water
- 1/4 cup sugar
- 3 tablespoons margarine
- 1 1/2 teaspoons salt
- 3/4 cup milk
- 1 egg
- 2 1/2 cups flour

Instructions

Dissolve yeast in warm water. Set aside.

In a mixing bowl combine sugar, margarine (melted), salt and milk. Stir in egg and yeast. Gradually add flour to make a stiff dough.

Knead on a floured board for 5-8 minutes.

Place in a greased bowl and let rise in a warm place until doubled.

When raised, punch down, then roll out to 1/4 inch thick.

Spread dough with 3 tablespoons melted margarine.

Sprinkle on 1/2 teaspoon cinnamon and 1/3 cup brown sugar.

Let rise for 30-45 minutes or until double.

Bake at 375 degrees for 25 minutes.

While hot drizzle on glaze.

Glaze:

1/2 cup powdered sugar

2 drops vanilla

1 tablespoon milk

Mix together all ingredients until smooth.

Recipe Notes

Source: LeeAnn Bitner, Alta High School

Cinnamon Rolls - One Hour

- 1 cup warm water, + 2 tablespoons
- 1/3 cup vegetable oil
- 1/4 cup sugar
- 2 tablespoons yeast
- 1 teaspoon salt
- 1 each egg, well beaten
- 3 1/2 cups flour

Instructions

Mix the water, oil, sugar and yeast together.
Let stand 10 minutes.

Add the salt, egg and flour. Stir well.

Roll out 1/2 " thick. Spread with butter, sugar and cinnamon.

Roll and cut with a string/thread.

Let raise 10 minutes.

Bakes at 425 degrees for 10-15 minutes.

This is a good yeast recipe because they can be done in one hour.

Recipe Notes

Source: Sheree Lewis, Independence High
Food and Fitness, Food and Science

Cinnamon Rolls - Overnight

1/2 cup warm water
2 tablespoons sugar
2 teaspoons yeast
2 tablespoons dry milk
2 tablespoons shortening, melted
1 egg, beaten
1/2 teaspoon salt
3/4 cup flour

Instructions

Dissolve yeast in warm water, add sugar, and set aside.

Add to yeast mixture, milk, shortening, egg, salt and flour. Beat by hand until smooth. Gradually add another 1 cup flour. Make sure it is a soft dough, don't add too much flour. Turn dough out onto a lightly floured board. Knead for 5-10 minutes.

Roll dough into a rectangle. Spread 1 tablespoon margarine over the dough, within 1/4th inch of one side (this is the side you will seal).

Sprinkle with a cinnamon/sugar mixture.
Raisins optional.

Roll up beginning with the longest side. Seal the edge. Divide roll into 9-12 pieces, using a piece of thread.

Place rolls in a greased 8x8 inch baking pan. Cover with plastic wrap.

Refrigerate overnight.

Bake in oven 20-25 minutes at 350 degrees.
Cool slightly and drizzle with icing.

Recipe Notes

Source: Nancy Gudmundson
Alta High

Cinnamon Rolls - Quick

- 1 tablespoon yeast
- 2 cups warm water
- 1/2 cup sugar, plus 1 tsp.
- 1/2 cup dry milk
- 1/4 cup oil
- 1 1/2 teaspoons salt
- 1 egg
- 4 cups flour
- 1 cup to 1 1/2 cups more flour, as needed
- 2 teaspoons cinnamon
- 2 tablespoons butter, softened
- 4 tablespoons sugar

Instructions

Preheat oven to 200 degrees for 10 minutes. Mix 2 t. cinnamon and 4 T. sugar in bowl; set aside. Grease cookie sheet or use pastry liner on cookie sheet.

In mixing bowl, dissolve 1 teaspoon sugar in warm water; add yeast and stir until dissolved. Wait 1 minute for yeast to soften. Combine prepared yeast mixture, dry milk, 1/2 cup sugar, oil, salt, egg and 4 cups flour. Beat until smooth. Mix in enough flour to make dough easy to handle; soft, but not sticky. Don't add so much flour that dough becomes stiff. Let dough rest 5 minutes; turn onto lightly floured surface, kneading until smooth and elastic.

Roll dough into a rectangle 1/2-inch thick. Spread 2 T. softened butter over dough, then sprinkle cinnamon sugar mixture over surface of dough. Roll dough into a spiral. Using a piece of string, cut dough into pieces 1 1/2-inches thick. Lay rolls close together on cookie sheet if soft sides are wanted or far apart if crispy are wanted. Proof dough in 200 degree oven, letting it rise until double in size, about 15-20 minutes. Bake at 425 degrees for 10-15 minutes, depending on size of rolls, or until golden brown on top.

Glaze:

Mix 1/4 cup melted butter, 1 1/2 cups powdered sugar and 1 teaspoon vanilla together. Stir in 2 tablespoons hot water, 1 tablespoon at a time until glaze is proper consistency. Drizzle glaze over hot rolls after removing them from the oven.

Recipe Notes

Source: Ruth Dallas, Taylorsville High
Food and Fitness

Cinnamon Rolls Recipe

- 5 cups flour
- 1/4 cup sugar, plus 1 tablespoon
- 1 teaspoon salt
- 1/4 cup instant dry milk
- 1 tablespoon yeast
- 1 1/2 cups lukewarm water
- 2 eggs, beaten
- 1/2 cup vegetable oil

Instructions

Day 1:

First mix together flour, sugar, salt and milk; set aside. In a large bowl, dissolve yeast in lukewarm water. Blend in eggs and oil. Add flour mixture. Knead dough for at least 5 minutes until soft and smooth. Place in a lightly oiled ziploc bag.

Day 2:

Take out dough and knead until smooth and elastic. Roll out dough to about 1/2-inch thick. Mix 2 tablespoons melted margarine, 1/2 cup brown sugar and 1 1/2 teaspoons cinnamon together and spread generously over dough.

Roll up dough like a jelly roll. Cut into even slices. Place on greased cookie sheet. Bake at 375 degrees for 20 minutes or until golden brown. Drizzle with a glaze made of 1 cup powdered sugar, 1 tablespoon water and 1 teaspoon vanilla extract.

Recipe Notes

Source: Val Huntington, Canyon View High School

Food and Fitness, Food for Life

Note: This is a two-day lab.

Cinnamon Twists

- 1 Rhodes Texas roll
- 2 tablespoons margarine
- 1 tablespoon sugar
- 1 teaspoon cinnamon

Instructions

Preheat oven to 200 degrees. Melt margarine in a small saucepan on medium heat. In a small bowl, mix cinnamon and sugar.

Grease cookie sheet by taking a paper towel and dipping it into shortening. Wipe a thin layer of shortening across the top of the cookie sheet.

Cut each roll in half. Roll each half into 12" rope.

Twist 2 ropes together, pinch ends and place on cookie sheet. Brush on both sides with melted margarine and sprinkle with sugar mixture.

Turn off oven and place twists in oven for 10 minutes to rise.

Turn oven to 350 degrees and bake twist for 15 minutes.

Remove from oven and enjoy.

Recipe Notes

Source: Teri Cullimore, Mount Logan Middle School
Life Skills 1

Cinnamon Twists Recipe

- 1 egg
- 2 teaspoons yeast
- 1/2 cup warm water
- 2 tablespoons sugar, plus 2 tsp.
- 2 tablespoons oil, plus 2 tsp.
- 1 2/3 cups flour
- 1/4 teaspoon salt

Instructions

Day 1:

Add yeast to warm water. Beat eggs until foamy. Combine eggs with yeast mixture, oil, sugar and salt. Let rest 2 minutes (this is important). Add flour to mixture cup by cup, stirring with a spoon. This dough will be thin (not runny but not stiff). Let raise until double, cover and refrigerate 2 to 24 hours.

Day 2:

Heat oven to 350-375 degrees. When ready, take about 1 1/2 teaspoons dough in fingers, dip into melted butter or margarine (about 1/4 cup), then into a mixture of sugar and cinnamon (about 1/2 cup sugar to 2 teaspoons cinnamon).

Give the dough a twist and place on cookie sheet, about 1/2 inches apart.

Bake about 10 minutes. Don't allow to remain unbaked on cookie sheet too long.

Recipe Notes

Source: Shauna Flint, Syracuse Junior High
Food and Fitness, Food for Life

Note: This is a two-day lab.

Coffee Can Bread

- 3/4 cup evaporated milk
- 1/4 cup warm water
- 1 1/4 teaspoons yeast
- 2 1/4 cups flour
- 1/2 teaspoon salt
- 1 tablespoon sugar plus 1 1/2 teaspoons sugar
- 1/4 teaspoon ginger
- 1 tablespoon oil

Instructions

Soften yeast in the water and milk. Add the rest of the ingredients.

Put into a well-greased 1 pound coffee can. Grease the lid too. Set where warm until the lid pops off.

Bake at 350 degrees for 45 minutes. Let cool for about 10 minutes. Then remove from can.

You can put it in the refrigerator overnight and then start baking it before class starts, or bake and then reheat it before eating in the microwave the next day.

Recipe Notes

Source: Shari Combe, Roy Junior High
Food and Fitness

Cool Rise - Sweet Dough

- 1 cup flour
- 1 package yeast
- 1/4 cup sugar
- 3/4 teaspoon salt
- 1/4 cup margarine, softened
- 3/4 cup hot water
- 1 egg
- 1/2 cup flour

Instructions

Combine flour, yeast, sugar, and salt in a bowl. Stir well and blend. Then add margarine. Next add hot tap water. Beat with an electric mixer at medium speed for two minutes. Scrape bowl occasionally.

Add egg and the remaining 1/2 cup flour. Beat with an electric mixer at high speed for about 1 minute or until thick and elastic. Gradually stir in just enough remaining flour with wooden spoon to make a soft dough which leaves sides of bowl.

Turn out onto lightly floured board. Knead 5-10 minutes or until dough is smooth and elastic. Cover with plastic wrap or a towel. Let rest 20 minutes on board. Then punch down dough. Divide dough and shape as desired.

CINNAMON SPRINKLE

- 2 tablespoons margarine
- 1/2 cup brown sugar
- 1 1/2 teaspoon cinnamon
- 1/2 cup raisins
- 1/4 cup chopped nuts

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- 1 1/2 cup powdered sugar
- 1 tablespoon margarine
- 2 tablespoons milk
- 1/4 teaspoon vanilla

Mix together. If not thick enough, add more powdered sugar.

Recipe Notes

Source: Kena Lee Winn, Juab High/Juab Middle
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

Cool Rise Bread

- 6 cups flour
- 1 tablespoon yeast
- 1/2 cup warm water
- 1 3/4 cups milk, warm
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 3 tablespoons shortening

Instructions

Day 1

Measure 5 1/2 cups of flour into medium sized bowl and set aside. Sprinkle yeast into 1/2 c. warm water. Stir to dissolve. Warm milk in microwave for about 1-1 1/2 min. (warm not hot)

In a large bowl combine the following: warm milk, shortening, sugar, salt, the yeast/water mixture and 2 cups of flour. Beat on low speed until smooth (about 1 min.)

Add 1 more cup flour and beat at med/high speed until thick and elastic (2-3 min)

Using a wooden spoon, gradually stir in what is needed of the remaining flour, or more if needed, to make a soft dough that leaves the sides of the bowl.

Divide the dough into 4 equal portions. Have 4 students knead the dough until smooth and elastic (5-10 min)

On the counter, cover the dough with plastic wrap and then a towel. Let the bread dough rise for about 20 minutes while you are cleaning up the dishes. (skip if time is short)

Shape each portion into a rectangle as wide as your bread pan is long, using a rolling pin. Roll up the dough starting at a short end, tucking the sides as you go.

Place seam side down in a well greased loaf pan. Rub a thin layer of vegetable oil on top of the loaf and cover loosely with plastic wrap. Refrigerate 2-24 hours.

Day 2

Allow the bread to stand at room temperature while pre-heating the oven. Puncture any surface bubbles before baking.

Bake at 400 degrees for 20-25 minutes or until done. Remove from pans immediately to cooling rack. Brush tops with margarine.

Serve warm with jam or honey butter.

Recipe Notes

Source: Connie Felice, Churchill Jr. High
Food and Fitness

Cool Rise Cinnamon Rolls

1/4 cup margarine, softened
1/2 cup brown sugar
2 teaspoons cinnamon
1/4 cup raisins
1/4 cup walnuts

Instructions

Day 1

Make one recipe of Cool Rise Bread (See Cool Rise Bread recipe)

Roll out the dough into a rectangle on a floured surface.

Spread softened margarine on the dough rectangle.

Sprinkle on evenly the brown sugar, cinnamon, raisins, and nuts. (Raisins and nuts are optional)

Roll up the dough tightly from the long side of the rectangle.

Cut evenly (using dental floss) into 12 rolls.

Space rolls evenly in a well greased 9 x 13 pan.

Cover loosely with plastic wrap and refrigerate 2-24 hours.

Day 2

Preheat oven to 375.

Bake about 20 minutes or until browned.

Frost with vanilla cream frosting if desired.

Recipe Notes

Source: Connie Felice, Churchill Jr. High
Food and Fitness

Cool Rise Rapid-Mix Sweet Dough

- 4 cups flour
- 1 tablespoon yeast
- 1/4 cup sugar
- 1 1/4 teaspoons salt
- 1/3 cup margarine
- 1 cup milk, scalded
- 1/4 cup hot water
- 1 egg

Instructions

Day 1

Measure flour on a piece of waxed paper.

Combine 1 cup flour, yeast, sugar and salt in a large bowl. Stir well to blend. Add soft margarine.

Add hot milk and water to ingredients in bowl all at once.

Beat with electric mixer at medium speed for 2 minutes. Scrape sides of bowl occasionally.

Add egg and 1/2 cup or more flour. Beat with electric mixer at high speed for 1 minute or until thick and elastic. Scrape sides of bowl occasionally.

Stir in remaining flour, gradually. Stir with a wooden spoon until the dough leaves the sides of the bowl. (you want dough to be soft not stiff)

Place dough on a floured pastry cloth and knead dough for 5-10 minutes or until soft and elastic.

Place dough in an oiled bowl and cover with plastic wrap. Put in freezer.

Day 2

Punch down dough and roll out for cinnamon rolls.

Place in a greased cookie sheet and place in freezer

Day 3.

Bake at 375 degrees 15-20 minutes. remove from pan and ice with vanilla icing.

Recipe Notes

Source: Anita Jolley, Cedar Middle School
8th Grade Life Skills

Focaccia Bread

- 1 cup warm water
- 2 tablespoons vegetable oil
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1 package dry yeast
- 3 cups flour
- 2 cloves garlic, minced
- 2 cups mozzarella, grated
- 2 tomatoes, sliced very thin
- 1 green bell pepper
- 1/2 cup mushrooms, or more
- 1/2 cup romano cheese, or parmesan cheese, grated

Instructions

Combine water, oil, sugar and salt in a mixing bowl. Sprinkle yeast over the mixture, stirring until dissolved. Gradually add flour, mixing well after each addition. Turn dough out onto a lightly floured surface, and knead until smooth and elastic.

Preheat convention oven to 320 degrees. Dust cornmeal lightly on 2 pizza pans. Pat dough on each pan, it should be somewhat thick. Proof in proofing oven for 10 minutes.

Press garlic and spread evenly over crust. Grate some of the romano cheese over the crust. Sprinkle with some mozzarella then layer tomatoes, peppers, and mushrooms over dough top with remaining mozzarella and romano cheese.

Bake for 25-30 minutes. Slice like a pizza. Serve hot.

Recipe Notes

Source: Terilee Herbon, Hunter High School

Pizza - Favorite

- 2 1/2 cups flour, to 3 cups
- 1 tablespoon sugar
- 1 tablespoon yeast
- 1/2 teaspoon salt
- 1 cup warm water
- 2 tablespoons vegetable oil

Instructions

Mix 1/2 cup flour, sugar, yeast, and salt. Add water and oil, mix well.

Add remaining flour as needed to make a soft dough.

Knead 5 minutes, let dough rest 5 minutes.

Use a pizza roller or use hands to roll dough about 1/4 inch thick on a lightly greased heavy pizza pan or baking sheet.

To prevent soggy crust, prebake at 500 degrees for 3-4 minutes, just until puffed but not brown.

After baking, spread dough with sauce and add desired toppings. Bake in a 500 degree oven for 10-12 minutes for a large pizza or 5-7 minutes for a medium or small pizza. (If pan is light weight lower baking temperature to 450 degrees.)

Suggestion: to a small can of tomato sauce add 1 teaspoon pizza seasoning spice or you can use a commercial pizza sauce.

Recipe Notes

Source: Mardene Fernandez, Orem Junior High School
Food Service/Culinary Arts, Food & Fitness

Pizza Dough - Easy

1/2 cup milk
1 tablespoon butter
1 1/2 teaspoons sugar
1 1/2 teaspoons yeast
1 1/2 cups flour
1/2 teaspoon salt
1/8 teaspoon baking soda

Instructions

In a saucepan heat till luke warm milk, butter and sugar.

Add yeast and stir till dissolved.

Add dry ingredients flour, salt, and soda stirring well. Knead 5 times. Cover let rise 10 minutes.

Oil fingers and pan. Spread dough thin.

Add toppings, saunce meat, cheese etc.

Bake for 20-25 minutes at 400 degrees.

Recipe Notes

Source: Cheryl M. Moyle, Olympus High School
Food and Fitness

Pizza Dough - Recipe

1/4 cup warm water
1 tablespoon yeast
1 teaspoon sugar
1 1/2 cups flour
1/2 teaspoon salt
2 tablespoons vegetable oil
1/2 cup warm water

Instructions

Dissolve yeast and sugar in 1/4 c. very warm water. Set aside.

Mix together flour and salt. Make a well and add oil and 1/2 c. water and yeast mixture.

Stir together.

Knead dough on floured board for 3 minutes. Put dough in covered greased bowl. Let rise in a warm oven until double in size. (about 5-7 minutes). Punch down. Spread dough on greased pan.

Bake at 400 degree for 10 minutes. Spread on sauce, cheese and toppings. Bake 10 minutes.

Recipe Notes

Source: Starr Jeppson, Springville High
Food and Fitness

For sauce, I use Hunt's traditional spaghetti sauce. This dough can be made one day and refrigerated overnight and then the pizza could be finished the next day.

Pizza Dough / French Bread

- 1 tablespoon yeast
- 1/2 cup warm water
- 1 tablespoon sugar
- 2 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 1 cup warm water
- 4 cups flour, add slowly

Instructions

Dissolve yeast in 1/2 cup warm water

Add other ingredients, and knead five minutes

Cover and put in a warm oven and let raise for 10 minutes

Take out and roll into a rectangle for sheet cake pan

Grease the pan and lightly sprinkle cornmeal on the bottom of pan

Place the dough in the pan and mold it into the corners so the pan is completely covered with dough

Cover with plastic wrap that has been sprayed with PAM

Refrigerate overnight and then place in a hot oven at 400 degrees for 10 minutes (place on bottom rack) or until the bottom of the dough is light brown

Remove and put on pizza toppings as desired and return to oven and bake until cheese is melted and meats are done.

If you are using pizza pans, cut the dough in half and make two pizza's.

It doesn't need to raise overnight if you have a 90 minute class. Proof in a warm oven for 15 minutes, then bake.

Recipe Notes

Source: Mary Christensen, Cedar High School

Food for Fitness

Pizza Dough And Sauce

2 tablespoons yeast
1 cup warm water
2 cups flour
1 teaspoon sugar
1/2 teaspoon salt
1 cup tomato sauce
1/2 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon garlic powder
1/4 teaspoon red pepper
1 teaspoon sugar

Instructions

Stir the yeast into the warm water and let it sit 5 minutes.

Mix the flour, sugar and salt together.

Mix the yeast mixture with the dry ingredients.

You may need to add more flour to make a dough that doesn't stick. Knead 5 minutes.

Bake at 425 degree for 5-10 minutes or until barely brown. (It will finish baking the next day in class)

Sauce

Mix the tomato sauce, basil, oregano, garlic powder, red pepper and sugar together. Spread on the partially baked pizza dough.

Toppings: Mozzarella cheese, parmesan cheese, pepperoni, canadian bacon, ham, onion, green pepper, olives, mushroom, pineapple chunks.

Recipe Notes

Source: Debbie Adams, Rocky Mt. Jr.
Food and Fitness

Pizza Dough Recipe

- 1/4 cup water, warm
- 4 1/2 teaspoons yeast
- 1 1/2 teaspoons sugar
 - 1 cup hot water
 - 1 tablespoon sugar
- 4 1/2 tablespoons vegetable oil
 - 1 teaspoon salt
- 3 cups flour

Instructions

Let the warm water, yeast, and sugar stand for a few minutes to dissolve the yeast and let it begin to rise.

Mix the hot water, sugar, oil and salt and then add it to the yeast mixture. Start with 1 1/2 cups of flour and add to the mixture. Add 1 1/2 to 2 cups more flour, a little at time, until you have a soft dough.

Pinch off a piece of dough about the size of a baseball. Roll into a circle. Place on a piece of tin foil (doubled). Bake at 450 degrees for about 15 minutes.

FAT BREAD

Use one circle of dough.

Melt 1 cube of margarine, add 1/2 teaspoon garlic salt and 2 teaspoons parsley. Spread on the dough. Sprinkle with salad supreme and parmesan cheese. Bake at the same temperature as the pizza.

Recipe Notes

Source: Kena Lee Winn (Marilyn Kendall), Juab High/Juab Middle
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

Pizza Yeast Dough

- 1/4 cup water, warm
- 4 1/2 teaspoons yeast
- 1 1/2 teaspoons sugar
- 1 cup hot water
- 1 tablespoon sugar
- 4 1/2 tablespoons vegetable oil
- 1 teaspoon salt
- 3 cups flour

Instructions

Let the warm water, yeast, and sugar stand for a few minutes to dissolve the yeast and let it begin to rise. Mix the hot water, sugar, oil and salt and then add it to the yeast mixture. Start with 1 1/2 cups of flour and add to the mixture. Add 1 1/2 to 2 cups more flour, a little at time, until you have a soft dough. Pinch off a piece of dough about the size of a baseball. Roll into a circle. Place on a piece of tin foil (doubled). Bake at 450 degrees for about 15 minutes.

FAT BREAD

Use one circle of dough.

Melt 1 cube of margarine, add 1/2 tsp. garlic salt and 2 tsp. parsley. Spread on the dough. Sprinkle with salad supreme and parmesan cheese. Bake at the same temperature as the pizza.

Recipe Notes

Source: Kena Lee Winn (Marilyn Kendall), Juab High/Juab Middle
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

Pretzel - Soft

- 2 cups warm water, 110-115 degrees
- 1 1/2 tablespoons yeast
- 1 1/2 teaspoons salt
- 3 1/2 cups flour
 - 1 tablespoon sugar
 - 2 quarts water, boiling
 - 1 egg white, beaten with 1 t. water

Instructions

In a large mixing bowl combine the yeast, sugar and water. Let stand about 5 minutes, or until foamy.

Add the flour 1 cup at a time, stirring after each cup.

Knead the rest of the flour into the dough. Knead for 10 minutes.

Grease a metal bowl with Crisco and then roll your ball of dough in it. Cover with a damp towel and set in the oven to proof.

When the dough has risen, remove from the oven. Pinch off pieces of dough and roll out into "snakes" 14-16" long.

Shape the snakes into pretzels.

Beat the egg white mixed with 1 tsp water and brush onto the pretzels.

Sprinkle with salt, poppy seeds, sesame seeds, etc.

IF YOU USE CINNAMON AND SUGAR DO NOT USE THE EGG WHITE!!! USE MELTED BUTTER.

Bake at 400 degrees for 15 minutes until golden brown.

Recipe Notes

Source: Brighton High School

Pretzel Recipe - Soft

- 1 package yeast
- 1 1/3 cups warm water
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 4 cups flour
- 1 egg
- 1 tablespoon water

Instructions

Preheat oven to 425 degrees. Grease 2 large baking sheets. In large bowl, sprinkle yeast over warm water and stir with rubber spatula until well blended. Gradually stir in salt, sugar and enough flour (3-3 1/2 cups) until a soft, slightly sticky dough forms. Knead the dough on a well floured board for 5-7 minutes, adding another 1/2 cup or more flour if necessary, until dough is smooth and elastic. Cut dough in half and cut each of the halves into stripes. On counter, roll pieces into long pieces and form pretzels. In separate bowl, mix egg and 1 tablespoon water together. Brush pretzels with egg mixture. Cook for 10-12 minutes. When cooked, brush with butter and salt as desired. Let cool.

Note: Margarita salt works well on pretzels.

Recipe Notes

Source: Tami Flygare, Canyon View Junior High
8th Grade Life Skills

Pretzels

- 1 tablespoon yeast
- 1 1/2 cups water, warm
- 1 tablespoon sugar
- 4 cups flour
- 1 teaspoon salt
- 1 egg white, slightly beaten

Instructions

In a large bowl mix the yeast in the water. Stir in the sugar.

Add the flour 1 cup at a time stirring until the dough no longer sticks to the side of the bowl.

Place dough on a floured breadboard (place a kitchen towel under the breadboard to prevent it from sliding). Knead dough, about 5 minutes.

Divide the dough into approximately 16 balls and let the creativity begin! On a floured surface, roll the balls into snakes about 12 inches long and make shapes and designs.

Place the pretzels on a well-greased cookie sheet and brush each pretzel with beaten egg white. Sprinkle kosher salt lightly on top. (Be sure not to overdo it on this step or the end product will be too salty.)

Bake in a 425 F oven for about 12-15 minutes until golden.

Recipe Notes

Source: Kena Lee Winn, Juab High/Juab Middle
TLC, 8th Grade Life Skills, Food and Fitness Food for Life

Pretzels - Rhodes

Instructions

Pretzels can be made the day ahead.

2 Rhodes Texas rolls per pretzel, thawed.

Roll thawed roll dough to a long rope, about 18 inches long. Twist into pretzel shape. Place on greased baking sheet. Allow to rise about 15-20 minutes.

Meanwhile, bring a pan of water to boil. Place pretzel in boiling water for 30 seconds. Remove, drain and return to baking sheet.

Bake in preheated 350 degree oven for 15 minutes.

To serve: warm from oven or microwave, dip in melted butter, sprinkle toppings as desired.

VARIATIONS: butter, garlic, salt, parmesan cheese, cinnamon and sugar.

DIPPING SAUCES: pizza sauce, macho cheese.

Recipe Notes

Source: Cathryn Davies, TH Bell Senior High School
TLC

Pretzels - Soft

- 2 cups flour
- 1 1/2 teaspoons yeast
- 3/8 teaspoon salt
- 5/8 cup warm water
- 1 tablespoon honey
- 1 1/2 teaspoons water, cold
- 1 egg

Instructions

Preheat oven to 425 degrees.

Combine 1 cup flour, yeast and salt.

Stir in hot water, honey and oil. Stir with a wooden spoon until combined. Add enough of the remaining 1 cup flour to make a soft dough.

Turn dough onto a flour surface and knead for 5 minutes, or until the dough is smooth and elastic.

Cut dough into 4 equal pieces. On lightly floured surface, roll each piece of dough into a smooth 15 inch rope. Form pretzels and place on greased baking sheet. Brush each pretzel with egg mixture (egg and cold water) and sprinkle with sesame seeds or coarse salt, if desired.

Bake 15-20 minutes or until lightly browned.

Recipe Notes

Source: Nancy Gudmundson
Alta High School

Pretzels - Soft Baked

- 1 tablespoon yeast
- 1 1/2 cups warm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 4 cups flour, sifted
- 1 egg, beaten

Instructions

Dissolve yeast in water

Add salt and sugar

Blend in flour and knead dough on floured surface until smooth

Roll out and cut into strips

Roll strips into ropes and twist into pretzel-like shapes or other shapes, these are fun to do in children's initials

Place on greased cookie sheet; brush with beaten egg and sprinkle with coarse salt.

Bake at 425 degrees for 15 minutes or until brown

Serve warm

Recipe Notes

Source: Shirley Slack and Louella Hall, North Sanpete High School

Food and Fitness

Pretzels - Yeast

- 1 tablespoon active dry yeast
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup warm water
- 2 teaspoons sugar
- 2 1/2 cups flour

Instructions

Day 1

Combine yeast, warm water, sugar, salt, and oil. Let sit for five minutes. Stir in flour.

Knead for 6 to 8 minutes until dough is smooth and elastic, adding more flour if dough is sticky.

Place dough in bowl with cooking spray, cover with plastic wrap. Label and place in refrigerator until the next day.

Day 2

- 1 Tbsp. cool water
- 1 egg
- 1 Tbsp coarse salt

Preheat oven to 400. Grease baking sheet.

Cut dough into 12 equal pieces. On a lightly floured surface, roll each piece into a smooth 15 inch rope. Form the pretzels. Twist ends up and around to form knot shape. Attach ends to bottom of loop. Enlarge holes with your fingers (dough will contract as it rises).

Place each pretzel on greased baking sheet.

Measure 1 Tbsp. cool water in a small bowl and beat in 1 egg. Brush each pretzel with the egg mixture and sprinkle with coarse salt.

Bake 15 to 20 minutes or until lightly browned.

Yield: 12 small pretzels.

Recipe Notes

Sharon Monday, Hunter Junior High
Food and Fitness

Roll Shapes

1 bread, dough

Instructions

CRESCENTS:

Roll the dough into an even circle, about 12 inches in diameter. Spread the dough with a little melted margarine or butter. Let the dough rest for a few minutes and then cut the circle into 16 pie-shaped pieces.

Roll each wedge up tightly. Beginning at the wide end. Seal the points firmly to the dough so the crescent does not unroll.

Place on the greased baking sheet with the point side down. Curve each one to form a crescent.

CLOVERLEAF ROLLS:

Use both hands to shape the dough into a roll about 1 inch thick. Do this by rolling the dough as you would a stick. To keep the roll even in thickness, start rolling with both hands at the center of the piece. Roll toward the ends.

With a sharp knife or scissors, cut the dough into pieces 1 inch long. Shape into balls.

Place three balls in each greased muffin cup. Brush with melted butter or margarine.

Recipe Notes

Source: Jaralee Wettstein, Layton High School
Food Service/Culinary Arts

Rolls - One Hour

- 2 tablespoons yeast
- 1 1/2 cups buttermilk, lukewarm
- 1/4 cup sugar
- 1/2 cup shortening, melted
- 1 teaspoon salt
- 4 1/2 cups flour
- 1/2 teaspoon baking soda

Instructions

Dissolve yeast in 1/2 c. warm water.
Combine buttermilk, sugar, shortening and salt in a mixing bowl.
Stir yeast into buttermilk mixture.
Add flour and soda and mix well.
Cover with a towel and let stand for 10 minutes.
If sticky, add a little more flour until manageable.
Shape into rolls. Put onto a greased pan or muffin cups.
Cover and let rise for 30 minutes.
Bake at 400 degree for 15-20 minutes or until golden brown.

Recipe Notes

Source: Karen Munson, Hunter High
Food and Fitness, Food for Life

Rolls - Overnight Crescent

- 2 packages yeast
- 1/4 cup warm water
- 1 cup milk
- 1 stick butter
- 1/2 cup sugar
- 4 cups flour
- 1 1/2 teaspoons salt
- 3 eggs
- 2 tablespoons sugar

Instructions

Dissolve yeast with warm water.

Heat in a saucepan: milk, butter and 1/2 cup sugar. allowing this mixture to cool.

In a large bowl mix flour, salt, eggs and 2 tablespoon of sugar.

Mix the three mixtures together, the yeast, milk and the flour.

Stir and then knead well with your hands.

Put in refrigerator overnight.

Next day, roll out into a large circle. You may need to add a little more flour.

Optional: spread a thin layer of melter butter around on dough.

Using a pizza cutter, cut the circle into 16 pieces.

Roll each piece starting at the wide end and roll to the point!

Place roll on a greased cookie sheet with the point down.

Allow the rolls to rise until double in size.

This may take several hours because the dough is cold.

Recipe Notes

Source: Barbara Bushnell

Bountiful Jr. High

Rolls - Potato Dinner

- 1 1/2 cups warm water
- 1 package yeast
- 2/3 cup sugar
- 2/3 cup shortening
- 1 1/2 teaspoons salt
- 2 eggs, beaten
- 1 cup potato, mashed, lukewarm
- 6 1/2 cups flour

Instructions

Dissolve the yeast and warm water in a small bowl and set aside.

Cream the sugar and shortening. Mix the yeast mixture in. Add the remaining ingredients. Add 6 1/2 - 7 1/2 cups flour. Cover the dough and refrigerate for at least 8 hours. Roll dough into balls and shape, then set in an ungreased baking sheet. Let rolls rise until they are double in size.

Preheat oven to 375-400 degrees. Bake for 15 minutes.

Mix can be kept in the refrigerator for about 5 days, then you can take out what you wish to use daily.

Recipe Notes

Source: Terilee Herbon, Hunter High School

Rolls - Refrigerator

- 1/4 cup water
- 1 tablespoon milk, plus 1 1/2 teaspoons
- 1/4 cup potato flakes
- 1 1/2 teaspoons yeast
- 2 tablespoons warm water
- 2 tablespoons butter, softened
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon egg, plus 1 1/2 teaspoons
- 1/4 cup hot water
- 3/4 cup flour to 1 cup plus 2 tbsps. flour

Instructions

Day 1:

Heat the 1/4 cup water on stove to boiling. Remove from heat, add milk and stir in potato flakes gently. Do not whip.

Dissolve yeast in warm water. Add butter, sugar, salt and mashed potatoes to hot water. When cooled, stir in yeast mixture and egg. Add enough flour to make a stiff dough. Turn out onto a lightly floured surface and knead well. Put in a greased bowl, cover and place in refrigerator. Dough will keep up to a week. However, the dough must be punched down as it rises in the refrigerator or it will sour.

Day 2:

When ready to use, remove dough from refrigerator and allow to warm to room temperature. Shape into rolls and place on greased cookie sheets or in muffin tins. Cover and let rise until doubled. Speed up by placing in a 200 degree oven for 5-10 minutes. Place a pan of water in the bottom of the oven to keep crust soft.

Bake in a 400 degree oven until browned and done, about 15-20 minutes. Watch closely so rolls do not overbake. Those in muffin tins will bake more quickly. Brush tops with butter while still hot.

Recipe Notes

Source: Shauna Flint, Syracuse Junior High
Food and Fitness, Food for Life, Food and Science
Note: This is a two-day lab.

Rolls - Refrigerator Sweet

2 cups flour
2 teaspoons yeast
1/2 cup milk
2 1/2 tablespoons sugar
2 tablespoons margarine
1/8 teaspoon salt
1 cup flour
1 egg

Instructions

1 st Day

Combine 1 cup flour and yeast.

Heat the milk, sugar, salt and margarine together.

Add the liquid mixture to the flour. Add the egg.

Beat with electric mixer on low speed 30 seconds scraping bowl. Beat on high speed 3 minutes.

Stir in 1 more cup of flour.

Turn out on lightly floured surface. Knead until smooth and elastic. Shape into a ball.

Place in a lightly greased bowl. Turn over so greased side is up.

Cover tightly with plastic wrap. Place in refrigerator.

2nd Day

Roll dough into a 12 x 8 inch rectangle.

Melt 1 1/2 tablespoon margarine

Spread over dough

Combine 1/4 cup sugar and 1 teaspoon cinnamon

Spread over dough.

If desire, sprinkle with 1/4 cup raisins

Roll up from long edge. Seal seam. Cut into 12 rolls. Place in greased round cake pan.

Place in warm oven to rise. When almost double in size, place in 400 degree oven.

Bake 15 minutes or until golden brown and crust on top.

Glaze

Mix until smooth 1 cup powdered sugar, 1/4 teaspoon vanilla, 2 teaspoon milk or orange juice.

Spread over hot rolls.

Recipe Notes

Source: Nancy Fidler, West Lake Junior High School

Food and Fitness

Scone Dough

2/3 cup warm water
2 1/4 teaspoons yeast
1 tablespoon oil
1 tablespoon sugar
1 1/2 cups flour
1/2 teaspoon salt
1 egg, beaten

Instructions

Turn oven to 150 degrees or warm (the lowest temperature setting on your oven).

Combine water and yeast. Mix with a wooden spoon until yeast is dissolved.

Add sugar, eggs and oil and mix.

Add salt. With a wooden spoon mix in 1 1/2 to 2 cups of flour a little at a time until dough pulls away from sides of the bowl. Dough should be soft but not sticky.

Knead dough on lightly floured flat surface until smooth (about 8 minutes).

Turn off oven.

Put dough back in bowl, cover with a cloth and place in warm oven to rise.

Let dough rise for at least 15 to 20 minutes (longer is possible).

Five minutes before the dough is to come out of the oven, fill a frying pan or skillet halfway with oil.

Heat oil at medium to medium-high temperature.

Fry a small piece of dough. If it cooks too fast, reduce temperature. If it takes too long, increase temperature.

Shape dough into thin flat rounds about the size of your hand.

Deep fat fry scone-shaped dough 2 or 3 at a time until golden brown.

Recipe Notes

Souce: Vivien Brown, Lehi High
Food and Science

Scones

- 2 cups buttermilk, milk or water
- 1 tablespoon yeast
- 1/4 cup water
- 1 pinch sugar
- 1 tablespoon sugar
- 1 egg
- 3/4 teaspoon salt
- 3 tablespoons vegetable oil
- 1 1/2 tablespoons baking powder
- 1/4 teaspoon baking soda
- 4 1/2 cups flour

Instructions

Heat buttermilk until luke warm. Mix together warm buttermilk, yeast, warm water, and pinch sugar.

Add remaining ingredients and 2 1/4 cups flour. Mix. Add enough remaining flour to make a dough.

At this point dough can be refridgerated for 2 weeks. Punch down if it rises.

Roll out dough to 1/3 inch thickness. Cut into rectangles and flatten with hands.

Heat oil to 375 degrees and fry scones until brown. Serve with honey and butter.

Use 1/4 recipe for each lab group in class.

Recipe Notes

Source: Cheryl M. Moyle, Olympus High School
Food and Fitness